



City of Takoma Park

# Takoma Park Police Department

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## National Suicide Prevention Lifeline

Today is World Suicide Prevention Day.

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

### National Suicide Prevention Lifeline: 1-800-273-8255

It's important to stop and listen to your own needs. Here are some self-care ideas:

- Take a walk outside
- Write a love letter to yourself
- Write about something you are grateful for in your life (it can be a person, place, or thing)
- Create a happy playlist and a coping playlist
- Treat yourself to a favorite snack
- Watch your favorite movie
- Forgive someone
- Forgive yourself
- Say thank you to someone who has helped you recently
- Create a Do-It-Yourself (DIY) self-care kit of things that make you feel better
- Take your medication on time
- Take a new fitness class at the gym (yoga, Zumba, etc.)
- Plan a lunch date with someone you haven't seen in a while
- Pamper yourself with an at-home spa day

- Take a day off from social media and the Internet
- Reach out to your support system
- Cuddle with your pets or a friend's pet
- Take the time to stop, stand and stretch for 2 minutes
- Wake up a little earlier and enjoy a morning cup of tea or coffee before the morning rush
- Take a hot shower or bath
- Take yourself out to dinner
- Volunteer
- Start that one project you've been contemplating for a while
- Sit with your emotions, and allow yourself to feel and accept them. It's okay to laugh, cry, and just feel whatever you're feeling with no apologies!
- Cook a favorite meal from scratch
- Take a 5-minute break in your day
- Compliment someone (and yourself, too!)
- Give yourself permission to say no
- De-clutter your mind: write down 5 things that are bothering you, and then literally throw them away
- Donate 3 pieces of clothing that you no longer wear
- Take the time to find 5 beautiful things during your daily routine
- Take a mental health day from school, work, etc.
- Take a nap
- Reach out to the Lifeline

Anyone could be struggling with suicide. Visit <https://suicidepreventionlifeline.org/> for more information.